



James J. Tedesco, III
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Department of Human Services

Melissa H. DeBartolo, Esq.
Director

Division of Senior Services
Lorraine Joewono
Director

Key Telephone Numbers

Division of Senior Services
Bergen ADRC (formerly NJ EASE)
(201) 336-7400
1-(877) 222-3737

Meals on Wheels
(201) 336-7420

Bergen County Housing Authority
(201) 336-7600

Community Transportation
(201) 368-5955

Division of Disability Services
(201) 336-6500

Bergen County
Board of Social Services
(201) 368-4200

ELMWOOD PARK
Senior Activity Center

ReMona Thompson , Center Director
500 Mola Boulevard
Elmwood Park, NJ, 07407
Phone: (201)796-3342 • Fax (201) 475-9403

rthompson@bergencountynj.gov

Open: Monday-Friday, 8:00 AM - 3:30 PM



BERGEN NEW JERSEY
County
James J. Tedesco III, County Executive








Elmwood Park Senior Activity Center
Bergen County Department of Human Services
Division of Senior Services/ADRC
February 2026

February 4	Senior Resources & Information w/ Meadowlands Family Success Center	9:30am-11:00am
February 4	Presentation: “Learn How Canned Foods Can Be Nutritious” w/ Kristiana Rufo, Interra Supermarkets, ShopRite Maple & Hemlock	12:30pm
February 6	Super Bowl Game Day	10:00am-11:30am
February 9	Tech Support w/ Meadowlands Family Success Center	12:15pm-1:45pm
February 10	Presentation: “Understanding Heart Health & When To Seek Help” w/ Bergen New Bridge Medical	10:30am
February 11	Be My Valentine - Picture Day w/ Oak Street Health	9:30am-11:30am
February 12	Valentine ‘s Day Craft w/ Agata	10:00am
February 13	Valentine’s Day Treats w/ Elmwood Park Police	12:30pm
February 16	Center Closed– Presidents Day	All Day
February 17	Blood Pressure Screenings w/ B.C. Health Services	9:30am
February 18	Bingo Bash!	12:45pm
February 19	Total Brain Health w/ Agata	12:30pm
February 20	AARP Safety Driver’s Course	All Day
February 23	Tech Support w/ Meadowlands Family Success Center	12:15pm-1:45pm
February 24	50’s Name That Tune	10:00am
February 25	Hand Massages w/ Agata	9:45am
February 25	Book Club!	1:00pm
February 26	Presentation: “Understanding Sugar & Diabetes w/ Oak Street Health	12:30pm
February 27	Movie Day!	10:00am

The Senior Activity Center activities and programs are funded by the Bergen County, Division of Senior Services through the Older Americans Act, and are available at no charge for Bergen County residents 60 years old and over.



Bergen County Division of Senior Services supports and promotes diverse and inclusive communities, and does not discriminate based on age, color, creed, gender, gender identity, mental or physical disability, national origin, political affiliation, race or sexual orientation in its provision of services or employment practices.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 9:30 Jigsaw Jam 10:00 Thai-Chi w/ James 1:00 Zumba Gold w/ Lourdes</div> <div>Korean BBQ Chicken</div>	<div>3</div> <div>9:30 Diamond Art 9:30 Jigsaw Jam 9:45 Sound Bowls w/ Judith 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise</div> <div>Ham Steak with Pineapple</div>	<div>4</div> <div>9:30 Diamond Art 9:30 Jigsaw Jam 9:30 Senior Resources & Information 10:15 Zumba Gold w/ Lauren 12:30 Nutrition: “Learn How Canned Foods Can Be Nutritious”</div> <div>Roast Turkey and Cheddar</div>	<div>5</div> <div>9:30 Diamond Art 9:30 Jigsaw Jam 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</div> <div>Italian Meatballs</div>	<div>6</div> <div>9:30 Diamond Art 9:30 Jigsaw Jam 10:00 Super Bowl Game Day 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty</div> <div>Stuffed Cabbage</div>
<div>9</div> <div>9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 9:30 Jigsaw Jam 10:00 Thai-Chi w/ James 12:15 Tech Support 1:00 Zumba Gold w/ Lourdes</div> <div>Salisbury Steak</div>	<div>10</div> <div>9:30 Diamond Art 9:30 Jigsaw Jam 10:30 “Understanding Heart Health & When To Seek Help” 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise</div> <div>Chicken Florentine</div>	<div>11</div> <div>9:30 Diamond Art 9:30 Jigsaw Jam 9:30 Be My Valentine Day-Picture Day 10:15 Zumba Gold w/ Lauren</div> <div>Chicken Cordon Bleu</div>	<div>12</div> <div>9:30 Diamond Art 9:30 Jigsaw Jam 9:30 Need-L-Wits 10:00 Valentine’s Day Craft w/ Agata 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa</div> <div>Egg Salad Platter</div>	<div>13</div> <div>9:30 Diamond Art 9:30 Jigsaw Jam 9:30 Valentines Day Hot Cocoa Bar 10:30 Line Dance w/ Elise 12:30 Valentine’s Day Treats w/ Elmwood Park Police 1:00 Exercise Class w/ Katty</div> <div>Chicken Parmesan</div>
<div>16</div> <div></div> <div>Center Closed</div>	<div>17</div> <div>9:30 Diamond Art 9:30 Jigsaw Jam 9:30 Blood Pressure Screenings 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise</div> <div>Sesame Chicken</div>	<div>18</div> <div>9:30 Diamond Art 9:30 Jigsaw Jam 10:15 Zumba Gold w/ Lauren 12:15 February Birthdays Celebration 12:45 Bingo Bash!</div> <div>Cheese Omelet</div>	<div>19</div> <div>9:30 Diamond Art 9:30 Jigsaw Jam 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Total Brain Health w/ Agata</div> <div>Cheeseburger</div>	<div>20</div> <div>8:30 AARP Safety Driver’s Course 9:30 Diamond Art 9:30 Jigsaw Jam 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty</div> <div>Breaded Fish Filet</div>
<div>23</div> <div>9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 9:30 Jigsaw Jam 10:00 Thai-Chi w/ James 12:15 Tech Support 1:00 Zumba Gold w/ Lourdes</div> <div>Chicken Tikka Masala</div>	<div>24</div> <div>9:30 Diamond Art 9:30 Jigsaw Jam 9:45 Sound Bowls w/ Judith 10:00 50’s Name That Tune 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise</div> <div>Stuffed Peppers</div>	<div>25</div> <div>9:30 Diamond Art 9:30 Jigsaw Jam 9:45 Hand Massages w/ Agata 10:15 Zumba Gold w/ Lauren 1:00 Book Club!</div> <div>Sliced Pork Loin</div>	<div>26</div> <div>9:30 Diamond Art 9:30 Jigsaw Jam 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa 12:30 Presentation: “Understanding Sugar & Diabetes”</div> <div>Pot Roast</div>	<div>27</div> <div>9:30 Diamond Art 9:30 Jigsaw Jam 10:00 Movie Day! 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty</div> <div>Seafood Salad</div>
<div></div>	<div></div>	<div></div>	<div>Continental Breakfast</div> <div>Monday-Friday 8:00am-11:00am</div> <div></div>	<div>Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30am the day before</div> <div>Lunch will Be Served at 11:45 Daily</div>